



Creating a Healthy San Antonio



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US Healthcare Expenditure tripled in past 50 years

**Medicare and Medicaid ~25% of federal budget
Incentives to target WL, cholesterol, BP control**

2018 Farm Bill: \$25 million for new Produce Prescription Program- patient incentives to increase F&V intake

Currently, cost-effectiveness of programs like these is not well established.



Too Few Americans Get the Recommended Amount of Physical Activity



About **31 million** adults aged 50 or older are inactive, meaning they get no physical activity beyond that of daily living.



Only 1 in 4 adults fully meet physical activity guidelines for aerobic and muscle-strengthening activities.



Inadequate Physical Activity Costs Lives and Dollars

Inactivity contributes to

1 in 10

premature deaths.



Inadequate levels of physical activity are associated with

\$117 billion

in annual
healthcare costs



Obesity is common, costly, and serious
More than one-third of adults (78.6 million) have obesity.

- Since 1980, there has been a dramatic increase in obesity in the United States. Recent data suggest a slowing or leveling off of this trend.
- The annual medical costs for obesity among adults in the U.S. are estimated to be ***\$147 billion per year.***

- Suboptimal diet costs approximately \$300 per person, or \$50 billion nationally, accounting for 18% of all heart disease, stroke and type 2 diabetes costs in the country.
- Three dietary factors contributed most to these costs: consumption of processed meats, low consumption of nuts/seeds, and low consumption of seafood containing omega-3 fats.

Fruit & Vegetable Consumption Among Adults



- 86% of men do not meet fruit consumption recommendations.
- 76% of women do not meet fruit consumption recommendations.



- 88% of men do not meet vegetable consumption recommendations.
- 84% of women do not meet vegetable consumption recommendations.

Most Adults in the U.S. Consume Too Much Sodium

- ❑ Average sodium intake in the US is 3,500 mg per day.
- ❑ The majority of sodium comes from packaged and restaurant foods.
- ❑ 44% of US sodium intake comes from only ten types of foods.

Rank	Food Types	%
1	Bread and rolls	7.4
2	Cold cuts and cured meats	5.1
3	Pizza	4.9
4	Poultry	4.5
5	Soups	4.3
6	Sandwiches	4.0
7	Cheese	3.8
8	Pasta mixed dishes	3.3
9	Meat mixed dishes	3.2
10	Savory snacks	3.1

Estimated Effects of Sodium Reduction on Hypertension Prevalence and Related Costs

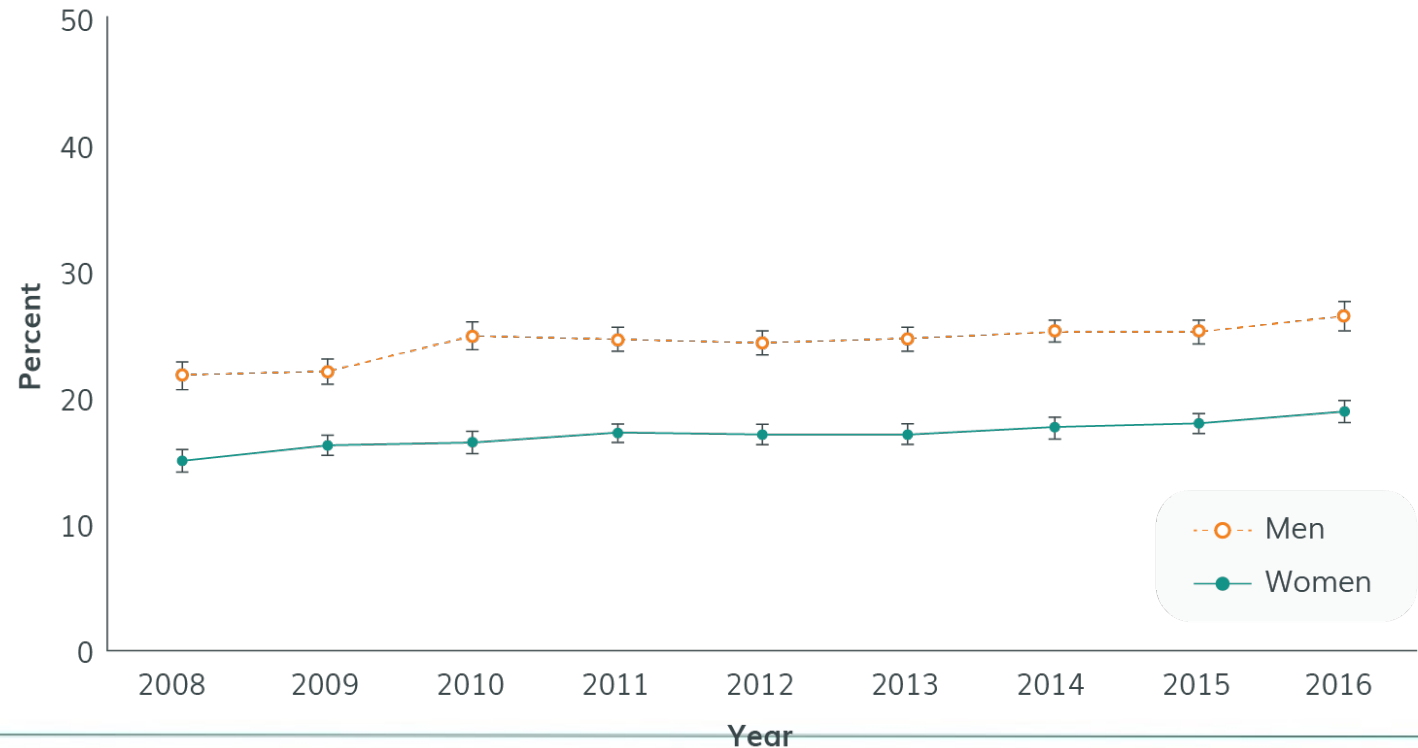
- ❑ **Reducing average population intake to 2300 mg per day (current recommended maximum) may...**
 - Reduce cases of hypertension by 11 million.
 - Save \$18 billion in health care costs.
- ❑ **Reducing average population intake even lower – to 1500 mg per day (recommended maximum level for “specific populations” described in the Dietary Guidelines for Americans) – may...**
 - Reduce cases of hypertension by 16 million.
 - Save \$26 billion in health care costs.



Why We Need to Promote Physical Activity

- Health disparities
 - National physical activity data reveals health disparities exist due to all of the following:
 - Sex, race/ethnicity, age, educational attainment, family income, family type, country of birth, disability status, geographic location, health insurance status, sexual orientation, and marital status

Percentage of U.S. Adults Ages 18 Years or Older Who Met the Aerobic and Muscle-Strengthening Guidelines, 2008–2016





Box 1.2

Prevalence of Disparities for Meeting Physical Activity Recommendations

- More men (54.1%) met the recommendations than women (46.1%).
- More Native Hawaiian or other Pacific Islander (64.5%) met the recommendation than White, non-Hispanic (53.4%), two or more races (50.7%), Asian (49.8%), American Indian or Alaska Native (46.6%), Hispanic or Latino (42.7%), and non-Hispanic African American adults (41.3%).
- More younger adults, aged 18–24 years (61.5%), met the recommendations than adults aged 25–44 years (55.1%), 45–54 years (48.4%), 55–64 years (44.1%), 65–74 years (41.8%), 75–84 years (31.2%), and 85 years and older (18.3%).
- For adults aged 25 years and older, those with higher educational attainment reported a higher rate of meeting the recommendation than those with lower educational attainment (e.g., advanced degree, 64.7%; 4-yr college degree, 59.4%; associate degree, 50.3%; some college education, 49.1%; high school graduate, 39.7%; and less than high school education, 30.5%).
- Those who lived in a family with a higher income met the recommendations more than those who live with families with lower income (e.g., >600% over the poverty threshold, 65.8%; 400%–599%, 57.2%; 200%–399%, 48.3%; 100%–199%, 38.6%; and <100%, 35.6%).
- Adults who had a spouse or partner were more active (55.3%) than single (52.6%), two-parent family with child or children (52.8%), single parent with child or children (41.5%), or other (43.0%).
- Adults who were born in the United States (51.6%) met the recommendations more than adults who were not born in the United States (43.6%).
- Those individuals without activity limitations (53.9%) met the guidelines for physical activity more than individuals with activity limitations (30.5%).



Many Americans Do Not Have Safe or Convenient Places To Be Active



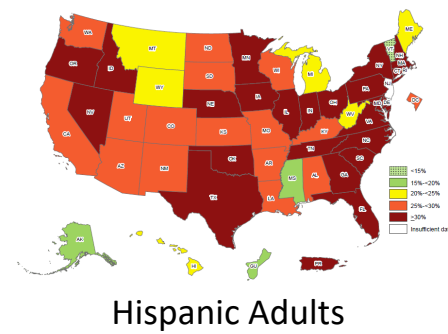
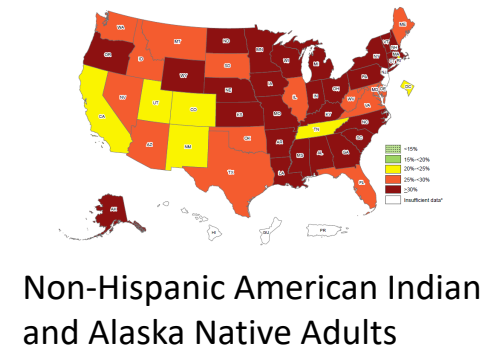
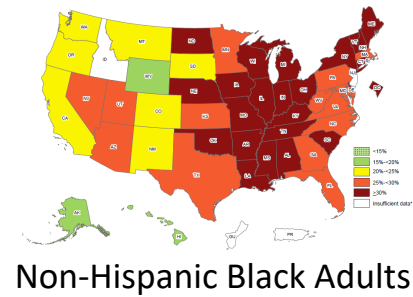
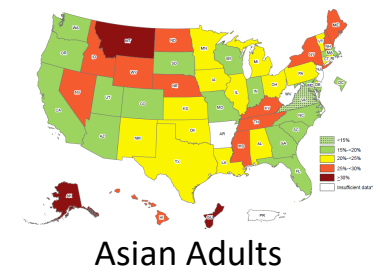
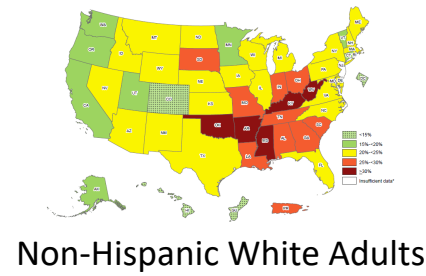
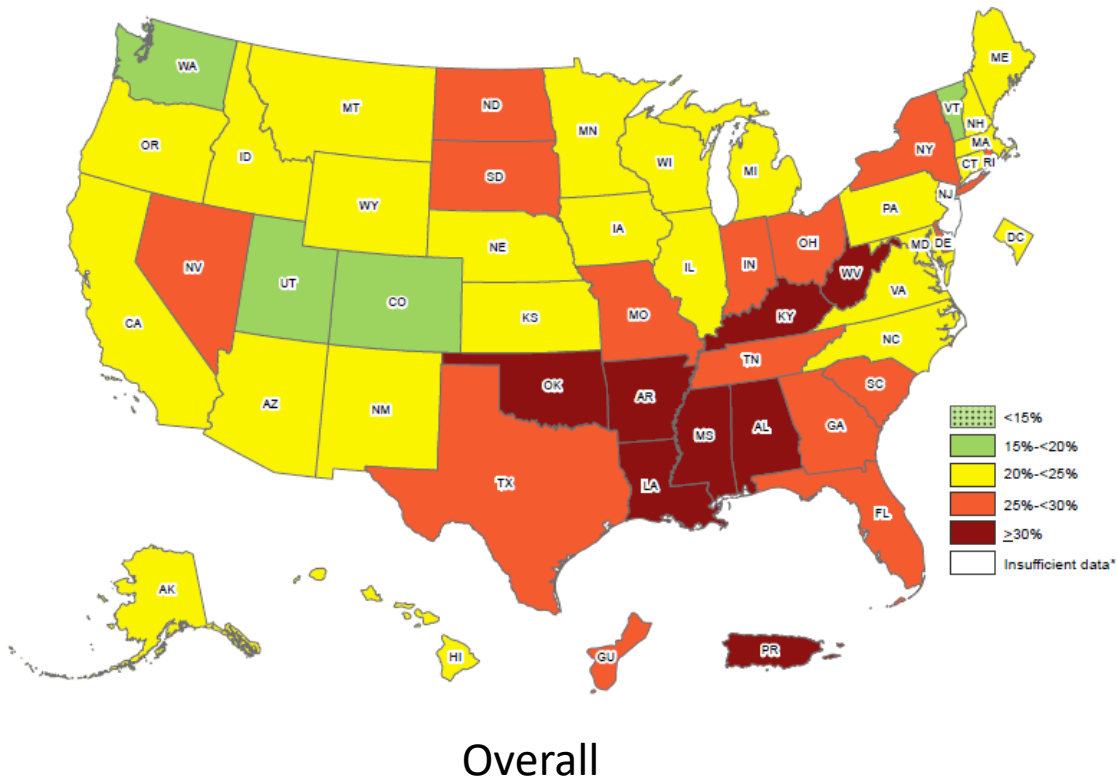
Only **39%** of the U.S. population lives within half a mile of a park

Only **40%** of school-aged youth who live a mile or less from school report that they usually walk to school

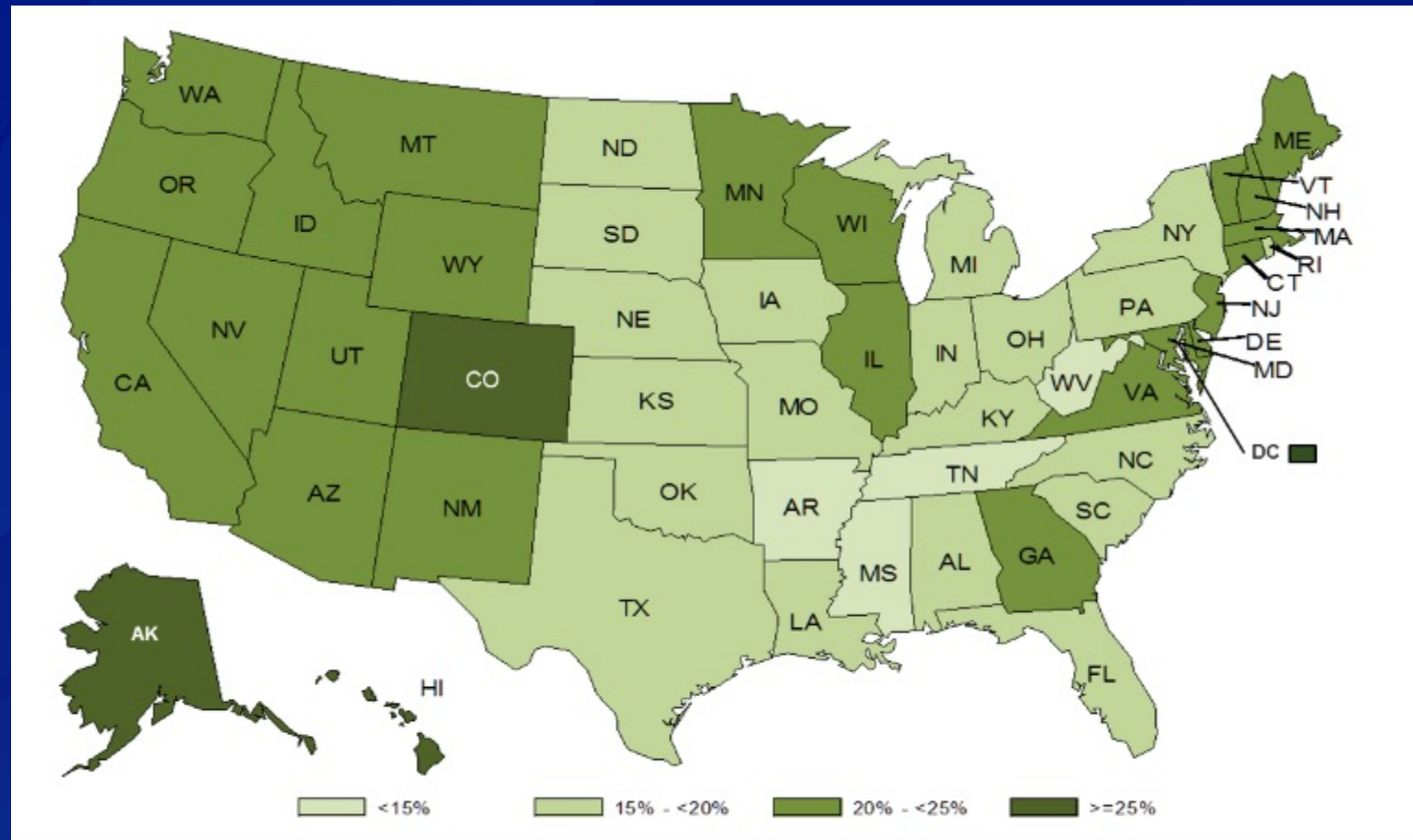




2022 Adult Physical Inactivity Prevalence Maps by Location and Race/Ethnicity



Proportion of U.S. Adults Meeting Aerobic and Muscle-Strengthening Physical Activity Guidelines by State (BRFSS, 2013)





And Yet...Physical Activity Is One of the Best Things People Can Do to Improve Their Health



Benefits for Children

- Improves academic performance*
- Reduces risk of depression
- Improves aerobic fitness
- Improves muscular fitness



Benefits for Adults

- Reduces short-term feelings of anxiety*
- Improves sleep outcomes*
- Lowers risk of high blood pressure
- Improves mental health
- Reduces arthritis symptoms
- Prevents weight gain



Benefits for Older Adults

- Improves sleep outcomes*
- Reduces risk of falling
- Extends years of active life
- Helps prevent weak bones and muscle loss
- Delays onset of cognitive decline

*immediate benefits

Just to name a few...



- Physical activity and cardiovascular disease (CVD)
 - The positive relationship between physical activity and cardiovascular health has been well established.
- Physical activity and stroke
 - 11% reduction in the risk of stroke with moderate-intensity exercise and a 19% reduction with vigorous-intensity exercise.
- Physical activity and cancer
 - Exercise has been shown to benefit individuals with several types of cancer, including lung, breast, colon, and pancreatic.



- Physical activity and diabetes
 - Regular physical activity promotes glycemic control and insulin action.
 - This improves blood glucose, lipids, blood pressure control abnormalities, and weight loss/maintenance.
- Physical activity and obesity
 - Physical activity is associated with weight loss and/or the prevention of weight gain.
- Physical activity and disabilities/aging
 - Physical activity is recommended to all persons, including the aging population and to those with disabilities.

Reductions in Salt Intake Can Reduce High Blood Pressure

- ❑ **Increased sodium in the diet = increased blood pressure = increased risk for heart attack and stroke.**
 - Generally, lower consumption of salt means lower blood pressure.
 - Within the span of a few weeks, most people experience a reduction in blood pressure when salt intake is reduced.
- ❑ **Even people with blood pressure in the normal range benefit from sodium reduction; there appears to be no threshold.**



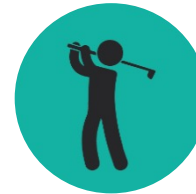
Physical Activity Recommendations by Age Group

Adults



- **Move more and sit less** throughout the day
- 150 to 300 minutes a week of moderate intensity activity

Older adults



- Adult guidelines
- **Multicomponent** activity

*Muscle strengthening activity is recommended for school-age children and adolescents, adults, and older adults.

- Adults should engage in muscle-strengthening activities on at least 2 or more days per week.



A national initiative led by CDC to help

27 million Americans

become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce healthcare costs.





Safe and Convenient Opportunities for Everyone to be Active





Strategies That Work to Promote Physical Activity



Activity-Friendly Routes to Everyday Destinations

- Complete Streets policies
- Zoning policies
- Comprehensive or Master plans
- Safe Routes



Access to Safe Places for Physical Activity

- Shared-use agreements
- Worksite facilities and policies
- Parks and recreation centers



School and Youth Programs

- Comprehensive physical education
- Opportunities to be active before, during, or after school



Strategies That Work to Promote Physical Activity (cont.)



Community-Wide Campaigns

Events combined with multi-channel messaging



Social Supports

Walking or other activity groups

Groups that support people with disabilities or chronic conditions



Individual Supports

Peer or professional support

Technology



Prompts to Encourage Physical Activity

Point-of-decision signage



Move Your Way Campaign

- **Vision:** Consumer-focused campaign to promote physical activity recommendations in the second edition of the Physical Activity Guidelines
- **Purpose:**
 - Raise awareness of recommendations
 - Change behavior among consumers
- **Target audiences:** physical activity contemplators, or those who are not yet meeting the recommendations in the Physical Activity Guidelines and health professionals (as conduit to consumers)

MOVE YOUR WAY

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150** minutes a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2** days a week

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



Move Your Way Campaign Resources

Interactive tools

Posters and factsheets

Series of videos



Find Out More

- **For health professionals:**
<https://health.gov/PAGuidelines>
- **For consumers:**
<https://health.gov/MoveYourWay/>



Personal Benefits

- People who start to exercise before or during middle age typically save from \$824 to \$1,874 annually on health care costs after retirement.

Health & Sustainability Guidelines

Adopted by the federal government in 2010

- Set standards for vendors who provide food concessions or vending services in federal government facilities.
- Help vendors maximize a healthier and sustainable food service by:
 - Increasing offerings of healthier food and beverage choices.
 - Eliminating industrially-produced trans fats.
 - Decreasing sodium content in available foods.
 - Allowing individuals to make informed decisions about what they are purchasing and eating by labeling food items.

Tools and Guidance to Address Sodium Reduction

❑ Consumers:

- Million Hearts® Healthy Eating and Lifestyle Resource Center
- Fact sheets for sodium reduction
- Resources for reducing sodium intake in older adults

❑ Public Health Professionals:

- Guides for healthful food procurement and venue-based sodium reduction
- New sodium research
- Sodium Reduction Toolkit
- Archived webinars and videos

<http://recipes.millionhearts.hhs.gov/>

www.cdc.gov/salt

Key Strategies to Address Sodium Reduction

- ❑ Establish sodium reduction standards in government facilities and educational institutions.
- ❑ Promote innovative restaurant initiatives to reduce sodium content of restaurant meals.
- ❑ Increase availability of lower-sodium processed and restaurant food products.

Potential Benefits

- Anticipated that over a lifetime, a 30% F&V initiative is estimated to prevent 1.9 million CVD events
- 30% general healthy food incentive estimated to prevent 3.3 million CVD events
- Average subsidy costs for F&V program \$100/person and healthy food incentive program \$185/person annually

Public-private partnerships

- Wholesome Wave's F&V Prescription Program
 - Provide \$1 coupons for physician written F&V prescriptions
- California piloted Medicaid program to cover medically tailored meals
 - A prescription for healthy food could not only improve patients' health but also save more than \$100 billion in healthcare costs

- **Question?**
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